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Your essential daily news | **MONDAY, MAY 11, 2015** High 12°C/Low 6°C Sun and cloud



## Masking the pain

**Brandon MacKenzie wears the mask that pro wrestler Rey Mysterio sent him, as he waits for his radiation treatment at the Queen Elizabeth II hospital in Halifax last week. See [metronews](#).**

ANDREW VAUGHAN/THE CANADIAN PRESS

## Hire for fire: Councillor

**CITY HALL**

**Waye Mason  
 wants action to  
 ensure proper  
 staffing levels**



**Stephanie  
 Taylor**  
 Metro | Halifax

After months of debate over HRM's fire services, one councillor is still left looking for more direction on whether the city will have the proper number of fire crews.

Councillor Waye Mason of Peninsula South-Downtown plans to table a motion during Tuesday's regional council meeting, directing staff that all fire trucks are to be staffed by four firefighters.

These staffing requirements were initially laid out in the Fire

Services Operational Review, which recommended decommissioning three career fire stations on Lady Hammond Road, King Street and Patton Road, re-allocating crews to staff aerial ladder trucks at the University Avenue stations in Halifax and Highfield Park in Dartmouth.

Previous staff reports indicated that firefighters are not able to enter a burning building without a crew of four.

However, council voted against closing the stations, but have not yet given Halifax Fire the go-ahead to hire new firefighters required to ensure each of these stations meets staffing requirements.

"The goal was having four firefighters on a truck and staffing the aerial trucks in Dart-

mouth and Halifax. I want to provide clarity around this issue," Mason said in an email.

Council has so far only approved the hiring of seven firefighters — five for stations in Sheet Harbour and two for Black Point — as a part of the 2015-16 budget.

Mason said the risk of operating without proper staff could potentially see insurances rise for homeowners, citing the Fire Underwriters report that HRM commissioned, which warns that insurance could jump as much as \$3 million.

If passed, the motion would require the chief to prepare a plan to meet the staffing goals within three years, providing updates to council every six months.

**52**

**Fire Chief Doug Trussler says without closing the three stations, they would have to hire 52 new firefighters.**

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## UNIVERSITY AVENUE

# Council giving green light to bike project



**Stephanie Taylor**  
Metro | Halifax

The question of piloting protected bike lanes on University Avenue will be returning to Halifax council this Tuesday, after council put the brakes on the project.

A new staff report recommends that regional council once again give the go-ahead to the construction of protected bike lanes on the north and south sides of University Avenue between LeMarchant and Robie Streets, as was initially proposed by Dalhousie University last year.

Council gave the green light to the two-year pilot project last September, but overturned their decision in February during a closed-door meeting, instructing city staff to complete public consultation on the matter.

The new report indicates that nearly 75 per cent of people since consulted were in support of the plan.

Nathan Rogers, assistant director of planning at Dalhousie, said he's not surprised the city had to go back and reconsider the full implications of the project, citing that any changes to public rights-of-way requires "substantial review."

"Dalhousie is quite keen to move ahead should regional council agree," he said.

The new report responds to multiple criticisms of the project, including the loss of parking.

It says a parking lot near

LeMarchant Place will replace 27 of the 43 metered parking spots that would need to be removed.

Staff notes a majority of the university's 1,200 available parking lot spaces have been "poorly promoted and hence underutilized."

"There is certainly a need for Dalhousie to promote the

high quantity of off-street parking that is available on the campus," Rogers said on Friday.

It also addresses concerns a bike lane would move nine of out 10 accessible on-street parking spots onto side streets, saying, "staff are prepared to add more on-street accessible parking spaces upon

request."

"We really want to make this a learning opportunity for everyone," Rogers said, explaining Dalhousie will be collecting public feedback throughout the pilot and that worries around parking are "not lost on us."



**A cyclist rides on University Avenue in March.** METRO FILE

**\$50K**

Bike lanes would cost \$50,000 plus \$150,000 for two years' operating costs, which would be paid for by the university and the province.



Families enjoy a pop-up petting zoo in the parking lot of Cyclesmith on Agricola Street during Open City Saturday. JEFF HARPER/METRO

# Discovering 'new gems' at Open City

## 4TH ANNUAL

# Thousands visit peninsula to support local businesses

**Lucie Edwardson**  
For Metro | Halifax

After a long, cold, snowy winter, Haligonians greeted warm weather and sunny skies with open arms, descending on the peninsula Saturday to support local businesses participating in the fourth annual Open City

Halifax.

Stores and restaurants set up booths outside, showcasing goods and offering deals to customers. Musicians played to enthusiastic crowds, freshly squeezed lemonade quenched thirst and there was even a petting zoo and sidewalk chalk for kids.

"It is great exposure and gets people out on the streets dropping in on shops," said Alec Mackinnon, manager at Carrot Co-op on Gottingen Street.

Open City organizer Gordon Stevens said that the day was a success and shined light on the great local businesses the city has to offer.



**Seeing such a wonderful group of people out enjoying themselves ... is fantastic.**

Wendy Luther

"One restaurant had almost 1,000 people in two hours," he said. "It allows people to discover the new gems of the city and try things for the first time."

Business owners agree.

"It gets new customers to come check you out — people who might not have heard of you before or who have but haven't had the chance to come yet," said Dan Vorstermans, chef and co-owner of Field Guide. "It is a great excuse to come out and take a tour of the city."

Wendy Luther took her two small children to explore Open City and said that it spotlights the solidarity of the city and their support for local businesses. "A day like today just highlights the sense of community we have in Halifax, which is so strong," she said. "It brings together all these different communities."

## EAST COAST LIFESTYLE

# Location of new flagship store unveiled

The summer is kicking off just right for East Coast Lifestyle creator and CEO Alex MacLean.

He graduated from Acadia University with a degree in marketing on the weekend, he has been invited to meet United States President Barack Obama, and by June his company will open their very first store near the Seaport Farmers' Market right by Garrison Brewery.

"We are planning a big launch and a big party for it," said Mac-

## + SUMMER

The East Coast Lifestyle store will be open from June until September.

Lean. "It will open June 1, and in the meantime we are just working on getting all of our in-store displays ready."

MacLean said that the store will cater to the Halifax crowd

and will have all the products that are currently available in Pseudio stores across the country, plus more exclusive merchandise that has previously only be available online.

"We are really trying to stay unique and different with this store and make it the place for the higher-end East Coast Lifestyle stuff," he said.

MacLean is excited to open the first East Coast Lifestyle store in Halifax, but in the short term, he

is looking forward to meeting President Obama.

After coming in second place at the Global Student Entrepreneur Awards last week in Washington, MacLean said he has been invited to a soon-to-be-happening event where he will meet Obama and the sharks of the ABC show Shark Tank.

"I'm heading there to represent Canada and we will be talking about global entrepreneurship," LUCIE EDWARDSON/FOR METRO

## IN BRIEF

### Historic lighthouse gets funding for restoration work

A Nova Scotia lighthouse in operation for more than 250 years is getting an upgrade.

The Sambro Island lighthouse near the entrance of Halifax harbour will get more than \$1.5 million in federal funding over the next two years for renovations.

Officials announced Saturday the work will include restoring the lighthouse's

original lantern, painting the building and installing heating and ventilation.

Stephanie Smith of the Sambro Island Lighthouse Heritage Society said in a statement that the project is a first step towards preserving the building well into the future.

The lighthouse was built in 1758 and is considered the oldest one in operation in the Americas. THE CANADIAN PRESS



# Answers still sought in Tanya Brooks murder

## CRIME

## Unsolved case brings family, supporters, police together

Lucie  
Edwardson  
Metro | Halifax

The last-known walk Tanya Brooks ever took was down Gottingen Street from Halifax Regional Police headquarters.

Monday marks six years since Brooks's body was found in a trench on the side of St. Patrick's-Alexandra School.

On Saturday, people gathered at the Mi'kmaw Native Friendship Centre and walked to the police headquarters in honour of Brooks and all other missing and murdered aboriginal women.

Brooks's family and friends spoke emotionally of a woman who was a mother and daughter, and someone who faced adversity but was getting her life back on track when it was



Connie Brooks Adams wipes tears from her eyes, surrounded by family, as she listens to Martina McBride's song In My Daughter's Eyes in memory of her daughter, Tanya Brooks, on Saturday. LUCIE EDWARDSON/FOR METRO

tragically cut short.

Katherine Martin, a friend of the Brooks family, said that she knows the day will come when the family will see Brooks's case solved.

"It doesn't matter how long — never give up," she said. "It is amazing when you find your resolution and you find closures and what it can do to heal, not just her mom and her family but the community."

Police Supt. Robin McNeil said investigators continue

to actively work on Brooks's case. He said the police believe there are people in the community who know what happened to Brooks and he urged them to come forward.

"We believe wholeheartedly that there are people in the community who have more information on what happened to Tanya during this tragedy, and it is our desire and the family's need to hear from those people," he said.

"It is very important for the

people of the community and those who perpetrated the crime to know that we will not forget until we are brought to justice on this incident."

Women in the crowd paid tribute to Brooks and all other missing and murdered aboriginal women with the Strong Woman song, and Connie Brooks Adams remembered her daughter through Martina McBride's song In My Daughter's Eyes.

Gertie Savare volunteers at

the Mi'kmaw Native Friendship Centre and has participated in the walk for the last three years. She said that it is important for the community to have the walk to help the family, the community and Brooks's spirit to heal.

"We are healing, but at the same time we want her to heal, too," she said. "Her spirit is lost because she knows the family is lost, so this is what we do until there is resolution."

## CRIME

## Charges laid in axe, crowbar attack

Police say a 35-year-old woman and an 18-year-old man are facing charges after they used an axe and crowbar to assault a group of women.

The incident at a home on States Lane in Beechville happened around 10:30 p.m. Friday and, according to RCMP, took place after an argument broke out between the man and a group of women who had dropped by to speak with him.

"Certainly they had an argument that turned violent," Const. Mark Skinner of the Nova Scotia RCMP said Sunday.

RCMP said the older woman also got involved in the argument and the two accused used an axe and crowbar to assault the group and damage property.

Skinner said they used the blunt end of the axe, not the blade, but "the tire iron can certainly cause some pretty bad bruises," he added.

The victims received non-life-threatening injuries and were taken to hospital, Skinner said. The suspects were arrested on scene.

Christa Ashford and Jessie Ashford, both of Beechville, are due in court on Monday.

HALEY RYAN/METRO

## + BACKGROUND

Tanya Brooks' body was discovered in a trench on May 11, 2009.



Tanya Brooks  
CONTRIBUTED

## PRINCE STREET

## Three sent to hospital after fire at Yarmouth house

Three people were admitted to hospital for smoke inhalation after escaping a fire in Yarmouth early Sunday.

Dozens of firefighters turned out at 4:30 a.m. to fight the blaze on Prince Street.

The firefighters went in and searched the house when they first arrived, breaking windows to help clear smoke. A dog and cat escaped before fire broke out in the upper part of the structure.

An ambulance transported one of the house occupants to the Yarmouth hospital.

Fire Chief John Verrall says firefighters began fighting the blaze on the second floor.

## + ON THE CASE

The cause of the fire is under investigation.

"Then they had to pull out because the smoke had changed, which was an indication that the fire was starving for oxygen and that at some point in time something could explode," he said.

All the firefighters were able to exit the building before the chimney exploded, sending bricks tumbling onto the front lawn.

The fire was contained to

the attic and no other neighbouring houses were affected. Firefighters also used the aerial ladder truck to combat the fire from above the attic.

One of the people being treated for smoke inhalation is Lakesha Smith, who is 12 weeks' pregnant. Preliminary examination shows she and the baby are fine.

She says she believes she, her boyfriend and a neighbour across the hall were the only occupants when the fire broke out.

"We have no idea how the fire started, but it was bad," she said.

YARMOUTH VANGUARD



Firefighters battle a blaze early Sunday at 60 Prince St. in Yarmouth. YARMOUTH VANGUARD

## WARNING

## Ban on burning continues

Four days after a brush fire forced hundreds from their homes in East Lawrencetown, a ban on open-air burning is still in place.

Halifax Fire says all open-air burning is banned in HRM until further notice, which includes outdoor fireplaces and chimineas.

The fire service tweeted Friday that while residents may have the misconception the woods are wet because of heavy snow falling the last couple months, the forested areas are now "very dry."

In all, about 14 hectares of brush were consumed by the fire on Thursday, which began in the Mineville area along Shoreline Drive near Candy Mountain Road and eventually moved towards Lawrencetown Beach.

Fire officials said they are still investigating the cause of the blaze. HALEY RYAN/METRO



## MILITARY

## Soldier loses bid to recoup losses

The Treasury Board has rejected the latest effort by a 24-year veteran of the Canadian military who has fought for years to recover \$88,000 he lost on the sale of his home when he was ordered to relocate to another base.

Maj. Marcus Brauer said Friday the board has reviewed his housing claims and found the market in Alberta where he was living was not depressed at the time, effectively quashing his appeal for full compensation of his loss.

The letter from an official says the board determined Bon Accord was not a depressed housing market in 2010 when Brauer sold his home to relocate to Halifax.

As a result, it says Brauer is not entitled to more than the \$15,000 he received for the loss.

"It just demonstrates how unjust this system is," Brauer said. "I'm not about to let this go. There has to be some accountability in this government ... This is not justifiable."

Brauer, a father of five, said he plans to sue the federal government over what he says is a responsibility to follow its own policies and compensate members who suffer losses.

Heather Domereckyj, a spokeswoman for the board, says in an email that the second review of the Bon Accord market "was conducted in an independent, impartial manner by the department and relied on the advice of third-party experts in its conclusion."

New Democrat MP Robert Chisholm, who represents the Halifax-area riding where Brauer lives, said he is disappointed with the decision.

"I can't believe the lengths the government will go to to fight against and frustrate and work against Canadian Forces men and women," he said.

"This has not only financial implications, but also emotional and career ramifications for Marcus," THE CANADIAN PRESS



**Maj. Marcus Brauer** ANDREW VAUGHAN/THE CANADIAN PRESS



**MOTHER'S DAY BRUNCH HONOURS MOMS OF ALL AGES** Mothers and their families pack into the Cunard Centre for the 24th Annual Mother's Day brunch on Sunday. The annual event is put on by the Rotary Club of Halifax. JEFF HARPER/METRO

# Non-profit gives 145 gift boxes to women's shelters

## SHOEBOX PROJECT

## Personal care, cosmetics donated to local moms



**Haley Ryan**  
Metro | Halifax

Over 100 women in shelters across Halifax got some extra-special attention for Mother's Day.

On Saturday and Sunday,

The Shoebox Project's Halifax chapter delivered 145 boxes filled with cosmetics, jewelry, nail polish, toiletries, notes and other items to six women's shelters across the municipality.

"We just thought it was an important time of year to make those mothers ... feel special," Shoebox Project co-ordinator Mary Chisholm said Sunday afternoon.

"So many women get spoiled on Mother's Day and we wanted them to get something special, too."

Chisholm and Jennifer English have been running Hal-

ifax's Shoebox Project since 2012, Chisholm said, and the group has traditionally held a Christmas event in which people donate shoeboxes full of gifts to women's shelters.

Last year saw over 400 boxes donated, Chisholm said, and the support for the initiative has been increasing every year.

However, this was the first year the non-profit has collected boxes for Mother's Day and Chisholm said they were pleasantly surprised to receive nearly triple their goal of 50 gift boxes.

Sunnyside Mall in Bedford hosted a Saturday event in sup-

port of the project where anyone who dropped off a shoebox could have their mother's hair and makeup professionally done, as well as have their photo taken.

Chisholm said the event — which ran from 11 a.m. to 4 p.m. — was consistently busy. By the end of the day, they had 145 boxes, along with donations from passersby "which was amazing."

"They started rolling in as soon as we arrived and they didn't stop coming until we left," Chisholm said.

While Chisholm said the boxes are left with the shel-

## + WANT TO HELP?

For more information about the project, please visit the organization online at [shooboxproject.com](http://shooboxproject.com).

ters to divvy up between the women, she said even those who may not be mothers are expected to enjoy their own box.

"It just lets them know that there's people out there that care, and shows them the community's behind them during these difficult times," Chisholm said.

## COURT

## Doctor arrested over child porn allegations

A local doctor is facing child pornography charges after allegedly snapping pictures of a naked teenage girl who was under his supervision.

The 82-year-old doctor was arrested on Friday after turning himself over to police in relation to a child pornography investigation launched in January.

Halifax Regional Police say that the investigation began after receiving information that in 2004, a doctor took naked photos of a 14-year-old girl under his care.

Dr. Curtis Arlo Steele is sched-

uled to appear in Halifax provincial court on June 16, to face one count of making child pornography. METRO

## + BACKGROUND

### Conditional freedom

Dr. Curtis Arlo Steele was released from custody on the condition that he not communicate with the victim nor anyone under the age of 16, and not be within 50 metres of children.

## IN BRIEF

### Teens rob woman, flee with necklace

A 60-year-old Halifax woman suffered minor injuries after two male teens forcibly removed her necklace and attempted to take her purse. Police responded to the call around 10:20 p.m. Thursday at the 1000 block of MicMac Boulevard. Police say the woman was walking in the area when she was approached by two males in their late teens who tried to steal her purse and stole her necklace. The victim suffered a minor injury to her neck area. METRO

## SPORTS

## Suspensions, new fines given by NBL over final

The fallout continues from the bizarre battle between the Windsor Express and Halifax Rainmen.

The National Basketball League of Canada suspended Windsor's head coach Bill Jones one year and fined him \$4,000, while Windsor guard Tony Bennett has been suspended indefinitely pending a review. Halifax assistant coach Pedro Monteiro has been fined an additional \$4,000.

The news comes a week after the NBL handed out \$90,000 in fines to the Hal-

ifax Rainmen after they failed to show up for Game 7 of the league final against Windsor. The Rainmen argued they felt unsafe after a morning altercation with the Express at shoot-arounds.

The league was swift in punishing the Rainmen, banning Halifax head coach Josep Claros for life from coaching in the NBL the day after the debacle, and fining him \$10,000. The Rainmen organization was fined \$20,000, and 11 Rainmen players were fined \$5,000.

THE CANADIAN PRESS



# Mysterio mask helps N.S. boy wrestle with cancer treatment

## HEALTH CARE

### Ring superstar in 10-year-old's corner during his treatments

Brandon MacKenzie says he feels like a powerful tag-team wrestler when his radiation therapy mask is slipped over his head and tightly latched down to a treatment bed.

The 10-year-old looks like one, too.

A therapist at the Queen Elizabeth II hospital in Halifax has painted the white cast-like mask with the fearsome black, green and white pattern of professional wrestler Oscar Gutierrez, also known as Rey Mysterio.

The wrestling mask created by Jen DeGiobbi also has crosshairs in three spots, helping precisely target the waves of flowing radiation that will shrink the Brandon's brain tumour.

The mask is one of several decorated for patients by therapists at the facility. The goal is to help patients calmly cope with the treatments, which require them to lie stone still.

"It doesn't just represent a cast, it becomes quite personalized to them," says Deanne Robinson, as she prepares Brandon for his treatment.

"By their choosing something close to their heart, I think it makes the whole process a lot easier."

The end goal is pragmatic, she adds.

"We don't want him to be able to look left, right, up, down — anything. It's an effective immobilization technique."



Radiation therapists Deanne Robinson, left, and Paul Jugpal prepare Brandon MacKenzie for his radiation treatment at the Queen Elizabeth II hospital in Halifax. ANDREW VAUGHAN/THE CANADIAN PRESS

nique."

The therapists have also decorated masks with the emblem of superheroes and flowers, and it seems the power of dress-up can transform the mood and confidence of both adults and children.

"We had a fella here with a tumour who had Philadelphia Flyers put on his cast,"

Robinson said.

Brandon says since the idea for his mask came to him, he's been in frequent telephone contact with Mysterio, and has received an actual wrestling mask used by the wrestler in the ring.

"He (Mysterio) said, 'We're going to do this like a tag team,' and he said, 'I have



**By their choosing something close to their heart, I think it makes the whole process a lot easier.** Deanne Robinson

your back and we're going to do this together," Brandon said.

Radiation oncologist Rob

Rutledge says he's grateful to the therapists for their concept and the time they've devoted to creating each mask.



A poster marking Brandon's radiation progress is taped to the wall at QEII hospital. ANDREW VAUGHAN/THE CANADIAN PRESS

He says the treatment goal is to target tumours and avoid damaging healthy tissue, and any method that helps reduce a patient's discomfort over having their head latched down is helpful.

"I recently had a girl who was seven years old go through this treatment and she was in tears the first day she had to do this, but the fact she had such a beautiful mask to go back to made the treatment much easier," said Rutledge.

After his treatment, Brandon has another wrestling sticker pasted on his chart to mark his progress until the clinic rings a bell and announces he's completed the process.

He's still looking forward to coming back from his home in Port Hood for the next dose of radiation.

"I feel like Ray Mysterio," he said. THE CANADIAN PRESS

## Interviews for June 2015 workshop start in May



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# Border agency sees sharp rise in currency seizures

## CRIME

## Number of confiscations increased 28% in 2014 alone

The number of people stopped by border officials and found with undeclared cash at border entries is on the rise as Ottawa steps up efforts to crack down on money laundering by criminal and terrorist groups.

Last year alone, Canada Border Services Agency (CBSA) reported 1,429 seizures and confiscated \$24.5 million, amounting to a 28 per cent increase from 2013 when \$19 million was seized in 1,117 incidents. In addition to the undeclared cash seized, CBSA also took possession of \$3.7 million in suspected proceeds of crime last year, twice the amount from the year before.

The money, if the seizure is not appealed by the owner, is forfeited to the Crown as government revenue. According to data obtained by Torstar News Service, Ontario, especially Greater Toronto, is the epicentre of these activities, with travellers in and out of the province accounting for \$8.7 million and \$9.6 million of the seized currencies in 2013 and 2014 respectively.

Meanwhile, Ontario also got a lion's share of the suspected proceeds of crime confiscated, \$848,979 and \$2.4 million in the two years.



**Last October, Canadian border officials found duct taped packages of more than \$1.3 million of undeclared currency in a truck at the Queenston-Lewiston bridge in southern Ontario. The cash was seized as suspected proceeds of crime. TORSTAR NEWS SERVICE**

"Money laundering and terrorist financing are international problems. Money laundering in Canada alone is estimated to be in the billions of dollars," said CBSA spokeswoman Wendy Atkin. "While currency seizure statistics vary from year to year, the CBSA can tell you that its officers are committed to enforcing Canadian legislation ... as it applies to the border."

While observers believe China's crackdown on corruption in recent years may have

contributed to the inflow of so-called "dirty money" into Canada, ignorance and misconception among Canadians also plays a role in people not declaring the amount of cash they carry through the border.

Under the Proceeds of Crime (Money Laundering) and Terrorist Financing Act, said CBSA, there are no restrictions on the amount of currency a person can bring into or take out of Canada. However, any amount valued at \$10,000 or more must

be declared at customs.

Atkin said there are four levels of seizure, leading to a fine ranging from \$250 to \$5,000. However, in cases involving suspected proceeds of crime, no money will be released.

Tax litigator Daniel Kiselbach has seen a 20 per cent increase in inquiries from Canadians desperate in getting their seized money back from the government.

Although CBSA has an internal appeal process, he said the "redress officers" must be satis-

## + DETAILS

### Four levels of currency seizure

- 1: The currency is returned after a \$250 penalty when the money has not been concealed and the individual makes a full disclosure of the facts following its discovery.
- 2: The currency is returned following payment of a \$2,500 penalty when the money is concealed in a method other than a false compartment or if the individual has already had a previous currency seizure against them.
- 3: Currency is returned upon payment of a \$5,000 penalty when the currency is concealed in a false compartment or if the individual is a repeat offender.
- 4: There are no terms of release if officers believe that the currency is the proceeds of crime.

CANADA BORDER SERVICES AGENCY

fied with the proof of the source of the money.

According to CBSA, \$6.7 million in undeclared money and \$834,144 in proceeds of crime was seized across Canadian borders from Jan. 1 to April 15 this year, including \$2.9 million in unreported cash and \$127,960 in dirty money confiscated in Ontario. TORSTAR NEWS SERVICE

## LEGISLATION

## Tories to relax gun laws

New Conservative legislation that changes the gun licensing system cleared a House of Commons committee last week and is on track to become law before the summer recess — and a likely fall election.

Bill C-42, dubbed the Common Sense Firearms Licensing Act, has drawn criticism even within the sport-shooting community but nonetheless remains grist for Conservative get-out-the-vote efforts, especially in rural Canada.

Introduced last Oct. 7, it was set to be debated in the Commons the day after a lone gunman shot dead a ceremonial guard at the National War Memorial and then stormed Parliament Hill, where he died in a hail of bullets. Needless to say, it was not an opportune time for a government bill that relaxes some gun licensing measures.

The legislation was quietly resurrected late last month and rushed through committee, from which it emerged with only a single, minor housekeeping amendment on Wednesday.

The Conservative House leader's office says it expects the bill to become law before the summer recess.

The bill removes some of the paperwork and penalties for gun licensing and transportation, provides a six-month grace period for lapsed licenses, gives cabinet decision-making power over how guns are classified, makes mandatory gun prohibitions for violent offenders and domestic assaults, and makes it compulsory to pass a firearms course in order to be licensed. THE CANADIAN PRESS



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**VATICAN RAUL CASTRO THANKS POPE FOR CUBAN-U.S. DETENTE** Cuban President Raul Castro waves as Pope Francis, background, looks on, at the end of a private audience at the Vatican, Sunday. Castro paid a call on Francis to thank him for working for Cuban-U.S. detente — and said he was so impressed by the pontiff he is considering a return to the Catholic church's fold. **FABIO FRUSTACI/ANSA VIA THE ASSOCIATED PRESS**

# Two officers shot, killed at traffic stop

MISSISSIPPI

## Three suspects arrested

Two Mississippi police officers were shot to death during an evening traffic stop turned violent, a state law enforcement spokesman said Sunday. Three suspects were in custody, including two who are charged with capital murder.

The deaths of the officers — the first to hit Hattiesburg in three decades — were felt far and wide in this small southern Mississippi city. Gov. Phil Bryant released a statement saying he was mourning the loss of the officers.

"This should remind us to thank all law enforcement for their unwavering service to protect and serve. May God keep them all in the hollow of his hand," Bryant said.

Warren Strain, a spokesman for the Mississippi Department of Public Safety, said Marvin Banks, 29, and Joanie Calloway, 22, were each charged with two

counts of capital murder. Banks was also charged with one count of being a felon in possession of a firearm and with grand theft for fleeing in the police cruiser after the shooting, Strain said.



**He wanted to become an officer because we've seen so much of our peers get killed or end up in jail ... He was talking all the time about how he wanted to do better and make the place better.**

Jarvis Thompson

"He absconded with a Hattiesburg police cruiser. He didn't get very far, three or four blocks and then he ditched that vehicle," Strain said.

Banks' 26-year-old brother, Curtis Banks, was charged with

two counts of accessory after the fact of capital murder.

The three Hattiesburg residents were arrested without incident at different locations overnight following the shooting, Strain said. They were expected to face initial court appearances Monday. The three were being held at undisclosed jails in the state and could not be reached for comment.

Lt. Jon Traxler, a Hattiesburg Police Department spokesman, identified the officers who died as Benjamin Deen, 34, and Liquori Tate, 25. Local reports identified Deen as a past department Officer of the Year, and Tate was a newcomer to the force who Strain said was a 2014 graduate of the law enforcement academy.

Tate grew up in a tough part of Starkville, 240 kilometres north of Hattiesburg, and decided to become a police officer so he could make a difference in the black community, said Jarvis Thompson, who knew him from childhood in church.

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# China cuts rates again to boost slowing economy

## ECONOMY

## Interest on deposits falls to 2.25%, loans down to 5.10%

China's central bank said Sunday that it is cutting interest rates for the third time in six months to boost the country's sluggish economy.

Citing "downward economic pressures," the People's Bank of China said it would cut the rate on a one-year

loan by commercial banks by 0.25 percentage points to 5.10 per cent. The interest rate paid on a one-year deposit was lowered by 0.25 points to 2.25 per cent.

Rates were also cut on Nov. 22 and then again on March 1. The new rates take effect Monday.

The cuts follow reports that trade in April shrank more than expected and that factory employment was weak.

Beijing has introduced a string of tax reductions and other measures aimed at proping up growth.

The latest cuts are expected to reduce financial costs for state companies and are a signal to state-owned banks to boost lending.

The world's second-largest economy grew 7.4 per cent last year, the lowest growth in more than two decades. The economic slowdown is expected to persist.

THE ASSOCIATED PRESS



Chinese paramilitary policemen stand on duty outside the People's Bank of China in Beijing. China's central bank said Sunday that it is cutting interest rates for the third time in six months to boost the country's sluggish economy. THE ASSOCIATED PRESS FILE

## GREEK ECONOMY

## Germany warns of collapse

Germany's finance minister says his country will do everything it can to keep Greece in the eurozone under "justifiable conditions."

Eurozone finance ministers will meet on Monday amid slow-moving talks on a deal with Greece's creditors.

Finance Minister Wolfgang Schäuble told Germany's Frankfurter Allgemeine Sonntagszeitung in an interview published Sunday he doesn't think "everything will be cleared up by then." He said the atmosphere has improved in talks, but there hasn't been much substantial movement.

Schäuble said Chancellor Angela Merkel "knows that we must do everything to keep Greece in the eurozone under justifiable conditions. It must not fail because of us."

Schäuble said he doesn't have a clear picture of Greece's finances. He added: "Experiences elsewhere in the world have shown that a country can suddenly slip into insolvency."

THE ASSOCIATED PRESS

# 1.5%

China's inflation rate rose slightly to 1.5 per cent in April, up from the previous month's 1.4 per cent, according to official data released Saturday.

## SYRIAN REFUGEES

## U.S. giving Jordan \$25M in wheat

The United States is giving Jordan about \$25 million US worth of wheat for resale, with the money to be used for improving agricultural productivity.

The U.S. agriculture secretary, Tom Vilsack, and Jordan's planning minister, Imad Fakhoury, signed the agreement involving 100,000 metric tonnes of wheat Sunday.

Vilsack said in a statement the food assistance is meant to help ease the economic burden Jordan faces as it hosts more

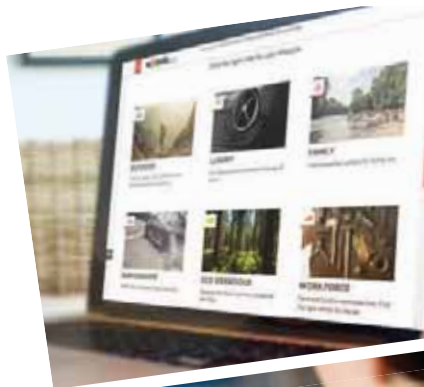
than 600,000 Syrian civil-war refugees, out of nearly 4 million who fled to neighbouring countries in the past four years.

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## # MYMETRO

### Jenn Abrams, Vancouver

**What are you up to?**  
I'm on my lunch break.

**What's your job?**  
I'm distribution manager for the luxury travel website Kiwi Collection.

**What's the best thing about Vancouver?**  
The best thing about the city is the great food from all over the world.

**What are you reading or binge-watching right now?**  
I'm watching Game of Thrones and reading The Case for Make Believe (by Harvard child psychologist Susan Linn).

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## ROSEMARY WESTWOOD

### metroview

## "Omar Khadr's inner life will remain a mystery to us."

Humble words. Trimmed beard. A dimple.

We've seen the redeemed Omar Khadr, looking nervous and happy, dressed in jeans that seem too big.

Now free, and free to speak, Khadr is attempting to write his story from his own vantage point, to show Canadians "I'm more than what they thought of me."

Canadians are enthralled. There was a wave of welcome-home tweets Thursday, when he was released on bail after spending 13 years in jail, 10 of them in Guantanamo Bay. People said they teared up as they watched him, articulate and soft-spoken in front of a scrum of reporters. Some called the scene "beautiful" and complimented his smile.

We are, it seems, charmed.

But despite the myth-making that will now begin in earnest, about a teen who ran with a terrorist crowd and became the poster boy for the treatment of child soldiers, we will never really know Khadr.

In conservative circles (and to our prime minister), Khadr is still nothing but a dangerous terrorist. For child-soldier activists, he is a victim, indoctrinated into al-Qaida at the age of 13 by his father.

Khadr has spoken of remorse for throwing a grenade that killed a U.S. army medic. He rejects extremist views, he said. He wants a normal life, an education. "I will prove to

them I'm a good person," he said. "Give me a chance."

We seem willing. But no matter how he now shapes his future, the profiles, biographies or documentaries made, his inner life will remain a mystery to us — as with all public figures.

"Only Mr. Khadr can truly know if the changes he purports to have made in his religious belief system and world view are genuine," said a psychologist who interviewed Khadr, as reported by Maclean's.

An acquaintance of mine, watching the video of Khadr interviewed outside his lawyer's home in Edmonton, said that Khadr spoke with "the innocence of a child."

"It's like you can actually witness a veil of darkness lifting for him despite the past."

That is what the joy at Khadr's release is really about: not the man, but our own need to see justice done. Our own need to redeem ourselves, and our country, for not fighting to free him from Guantanamo Bay.

Our desire, too, to know that hope and humility can spring up in the most vile of places, and that people — even purported terrorists — can be redeemed.

"I'm excited to start my life," Khadr told the press. "There's nothing I can do about the past, but I hope that the future can, I can do something about the future."

# Bye-bye to my barbecue, Betty — and to my pride

## HALIFAX MATTERS

### Stephen Kimber



Betty, my trusty backyard barbecue — barbecues should have names — has officially become one more innocent victim of 2015, Halifax's Winter Without End. She joins my car's front windshield (ice-cracked), front fender (ice-whacked) and underside (salt-slimed, rusting). But I digress....

I only discovered Betty's demise after the winter's geologic layers of snow and ice had finally melted away from the back deck, revealing not only mountains of buried blue bags full of perfectly preserved cereal boxes and pop cans, but also one sadly expired barbecue.

Last fall, I'd intended to clean the grill, disconnect the tank and find some sheltered spot for Betty to weather the weather. I didn't. It wasn't the first winter I didn't. That may have been the problem.

At any rate, the snows came and came and came. The barbecue disappeared. Snow snuck inside, melted, froze, melted, corroded.

Unaware, I unwisely bought steaks so we could celebrate the return of something approximating spring.

But when I went to light the grill, I noticed the too-many holes, the rusted pipes — sure signs that lighting this might be a mistake.

Time to replace Betty.

I will confess I have an irrational fear of assembling barbecues. I cannot count the springtime hours

of my middle age I wasted wondering where random Part XY went, or how come there were two ABs when the instructions only called for one, or why the instructions were not in any

**I have an irrational fear of assembling barbecues. Luckily, I have passed the life stage where I feel compelled to prove I can do it.**

English I understood.

Luckily, I have finally passed the life stage where I feel compelled to prove I can do it myself. I can't.

So this time, when I told the clerk, "I'll take that one," adding, quickly, "assembled, please."

I'm glad I did. As I admired Barb, my gleaming, new, fully put-together, stainless-steel meat-maker, I smugly examined the assembly manual's "exploded diagram," full of its myriad parts and pieces. I reread the un-instructions:

"The top of the front brace (CG) can be identified by two clips located on the top left and right side of this part, as shown in B. WARNING: This part may have sharp edges. Wear protective gloves when assembling."

Not me.  
Not this time.  
Happy spring!

**Stephen Kimber** is a professor of journalism at the University of King's College in Halifax and an award-winning writer, editor and broadcaster. Halifax Matters runs every Monday.

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# The need for mead

GAME OF THRONES

## Retro beverage back in vogue thanks to hit show

**Brian Gasperek**  
For Metro | Life

Game of Thrones seems to be the gift that keeps on giving for its hipster-fan demographic. In addition to delivering some solid reading material, and one of the strongest shows on cable, the George R.R. Martin fantasy drama has also provided the cool kids with a thirst-quenching opportunity to indulge in something retro — really retro: Mead.

Just like their favourite medieval heroes and villains from Westeros, it appears that hip Thrones fans have taken to ironically consuming the show's boozy beverage of choice. Yep, that's about as vintage as you can get.

"It's great to see such excitement," said Michael Fairbrother, American Mead Makers Association president and founder of New Hampshire's Moonlight Meadery. "For the last few years, every time I would visit a different market and it was around the time of the new Game of Thrones episodes being released, the buyers would start telling me how many

consumers would come in and mention they were going to have a Game of Thrones night with mead."

Mead in its simplest explanation is a beer-tasting alcohol made by fermenting honey and water together. Once viewed as the drink of deities, mead's origins can be traced all the way back to ancient Egypt, China, Greece and Rome. It was hugely popular in the Middle Ages, but died a fast death when sugar became the more popular sweetening alternative and beer and wine took centre stage as better-tasting party favourites. That is of course until Thrones made it trendy again.

"I tried mead when I was in the U.S.," said diehard Game of Thrones fan and mead dabbler Ben Cohen, who lives in Toronto. "It actually tastes pretty good. Just like honey, but not as sweet. I once tried to make it with some friends, too ... but that tasted like crap."

Sure, mead has been present in a variety of popular works over years such as Beowulf, Lord of the Rings, The Hobbit and Harry Potter, but its sales were always reliably static. Since Game of Thrones'

debut on HBO in 2011, however, sales have skyrocketed, getting mead makers pretty darn pumped.

"We are calling it the 'renaissance of the Renaissance,'" said Cherie Andrews of Chinook Arch Meadery in Alberta. "The rise in popularity has been a welcome boost for those of us that have been producing it for many years."

The numbers don't lie. According to the Annual Mead Industry Report by the American Mead Makers Association, the retro booze has experienced a 128 per cent increase in production between 2012 and 2014, with its manufacturing rising to 144,000 gallons from 62,000 gallons. That's a lot of mead!

Not only that, the desire to make the stuff has skyrocketed, too. When Colorado's Mazer Cup (the largest international mead competition) started back in 2008, there were 200 home entries and 125 commercial entries. This year, the number has grown to 400 home entries and 350 commercial entries. Coincidence? I

think not.

"I'm very excited," said Fairbrother. "With a youthful, hipster demographic, it means that finally the resurgence of mead is hitting mainstream, and will continue to grow."

Andrews agrees. "The exciting thing about engaging younger, hipper consumers with mead is multifaceted," she said. "Not only is it a demographic that includes men and women equally but they really don't have preconceived ideas of what mead should be like. They just love it for what it is."

So as Canadians who want to join the hip retro trend of drinking like the Starks and Lannisters, where can we try the stuff? The answer should be as simple as your local liquor stores that carry flavoured mead options by small Canadian meaderies like Trafalgar Ales & Meads from Ontario and Tugwell Creek Honey Farm and Meadery in B.C.

As it turns out, Canada is actually home to more than 30 meaderies from coast-to-coast, way up from the four that existed in the mid-2000s.

So next time you're looking to kick back and sip on adult refreshments, perhaps try going the retro route like Cersei and Jaime, and crack open a mead. Warning: Too much mead may cause dragon sightings.



## + WHAT'S THE DIFFERENCE BETWEEN BEER AND MEAD ANYWAYS?

So here's the big question. Is mead a type of beer? Absolutely not.

Although mead may be carbonated and share beer's sweet, semi-sweet or dry taste qualities, the two are completely different.

Beer is boiled and brewed, with a concoction of malted bar-

ley, hops and various ingredients. Once it is cooled, yeast is tossed in to allow it to ferment. The majority of its fermentable sugar is derived from malt sugars boiled out of the barley.

Unlike beer, mead is not boiled or brewed.

The process of making it is similar to wine. It's created by mixing honey and water (with optional fruits, spices, grains or hops) and is then left alone to ferment. The majority of its fermentable sugar is derived from honey.



Make like Game of Thrones' Cersei Lannister and grab a glass of mead. HANDOUT

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# Quit bad job on high note

## RESIGNATIONS

### Take this job and show them you can leave like a true pro

#### OFFICE RELATIONS

Eleni Deacon



When leaving a job you dislike, it can be tempting to tell off your boss and book it for the beach that same afternoon. But while sudden, dramatic departures make potent material for late-afternoon daydreams, real-life resignations should be calculated and respectful. If it's time to quit, don't blow it.

Whether you're finally escaping a toxic environment or simply transitioning to up-the-ladder pastures, you need a solid exit plan. Walk into your boss' office unprepared, and you might stutter a slew of overshares. Instead, plot what you'll say and when you'll say it. Book a meeting with your su-

perior for a convenient time of day — such as late morning or afternoon — and practise your talking points aloud in advance.

Keep your speech brief, transparent and appreciative. You don't need to share every detail about your next step — your new salary, for example, is none of your current employer's business — but you should be open about your plans. Although it may feel uncomfortable to tell your boss you've accepted a role with a competitor, it will seem even shadier when she sees your LinkedIn update in a few weeks.

If you have a strained relationship with your boss, the conversation might be tense. And if you love your present workplace, your resignation might be fraught with guilt and nerves. But stay calm and professional, and express your appreciation. No matter how messy your current situation, it provided a stepping stone for what's next.

If an exit interview is requested, provide honest but respectful feedback. Tactful criticisms could help your employer improve their ways; spill-



**Pfft! Make your exit from that toxic job as professional as the interview that landed you in your amazing new gig.** iSTOCK

your-soul tell-alls, while cathartic, will likely leave a bad taste. Focus on your personal reasons for moving on — a change of pace, a new perspective — rather than everything you think is wrong with your current place of work.

Quitting isn't just one conversation: It's a process that doesn't end until you're wrapped up, packed up, and out the door on your final day. Give your employer fair warning of your departure (two weeks is standard, though they may request more), and establish clear expectations for your final weeks. This is not the time to trash-talk upper management or covertly watch YouTube all day. Instead, spend your last stint wrapping up outstanding deadlines and creating clear instructions for your replacement.

It isn't unlikely that you'll end up working with at least some of your current colleagues later in your career. Foster a smooth transition, and you'll leave with a glowing impression — not a ball of flames.

## NETWORKING

### Play your calling card right

Even though we live in an increasingly digital world, a business card is still critical to networking. Here's everything you need to know about making and using a professional calling card.

**Keep it simple:** Name, email, phone number and title or field of interest. Add social media links if they present you in a positive light.

**DIY:** Most online printers have premade templates you can choose from. For something more original, reach out to a designer.

**Use them All. The. Time.** It's a good rule of thumb to permanently keep a few business cards in each of your wallets or purses.

**Know your etiquette** When someone hands you her business card, hand out yours in return. Jot down some notes on the card, so you remember why you were going to reach out. Don't forget to follow up! Reach out via email and let them know how nice it was to meet them. TALENT EGG/METRO U.S.



# An Open Letter to Nova Scotia's MLAs.

Dear Members of the Legislative Assembly:

Last month has been difficult for everyone involved in the discussions about Nova Scotia's Screen Industry. As the vote on the 2015 Financial Measures Act draws near, Screen Nova Scotia would like to review with you the 'state of play', so that your vote can be as informed as possible.

As you contemplate the upcoming vote, we respectfully ask you to consider:

The changes in the incentives offered to the screen sector came out of the blue. There are no economic studies illustrating the need for them. Neither the Broten tax review nor the Ivany report advocated the radical change introduced in the April 9 budget.

The changes outlined in the FMA have a deadline of July 1 for implementation. This date is unreasonable, unrealistic, and is causing havoc in the industry. Projects have been put on hold. Some have been cancelled. No one can restructure an entire industry on such short notice. It's not that it's difficult. It's impossible.

The government's own bureaucracy is unable to accommodate the changes in such a short time frame. Nova Scotia Business Inc. — the agency that has inherited new responsibilities for the screen industries — was given no notice for the provisions announced in the budget. As we speak, under enormous deadline pressure, NSBI is attempting to write the guidelines for the new Film Production Incentive Fund.

There is a serious shortage of meaningful data regarding the "cost" of the film industry incentives versus the "economic return" to Nova Scotians. The Department of Finance has

been cavalier on this important question. An economic study conducted for the government in 2008 painted an extremely positive picture of the industry's cost/benefit to Nova Scotians. Somehow, this report remained hidden until the week before last. We have no idea why.

Please be aware that a comprehensive study has been commissioned. It will be conducted by PricewaterhouseCoopers, and will be a thorough look at the Nova Scotia cost/benefit picture. The estimated delivery time of this new study is three months. We suggest it would be sensible to wait for the findings before implementing potentially irreversible and damaging changes.

We want to share with you our sense of alarm and dismay at how, in our view, Department of Finance (DOF) officials have mishandled this entire file. From the ill-advised and inflammatory comments delivered by Minister Whalen on March 25, to the erroneous data sheet distributed by DOF during the pre-Budget briefing, to the unworkable proposals included in the actual budget (which were subsequently dropped), through to last week's bungling of the announcement of the animation incentive — there has been an unprecedented display of ineptitude from DOF. We suggest there should be accountability for this. MLAs, cabinet members, and all Nova Scotians have a right to expect better from their civil servants.

Sadly, there are significant questions regarding the film and television sectors that are still unresolved, with no resolution in sight. One of them involves the Equity Fund. This is a fund — previously administered by Film and Creative Industries Nova Scotia — that was used to help complete the modest financing of locally made film and television projects. The TV series *Land and Sea* is an example. As are most of the docu-

mentaries done in recent years by Nova Scotian filmmakers, many of which have played on screens around the world. And most of the locally made feature films that showcase our province; films such as *Blackbird* and *Heartbeat*. This equity fund has simply disappeared, along with FCINS. The sudden removal of this 30-year-old program has literally kneecapped the development of the next generation of Nova Scotian filmmakers.

We could go on. But we think you get the picture.

We will closely watch the impending vote for the Financial Measures Act. We intend to follow up with each of you, to listen to your suggestions as to how members of the House of Assembly might take tangible steps in the weeks ahead to remedy what has become a seriously unstable situation.

These decisions will surely affect Nova Scotia's reputation as a reliable place to do business, something that affects all of us.

Respectfully,

Screen Nova Scotia

SCREEN  
NOVA SCOTIA



# The money quiz for couples

## PARTNERSHIP

### Check if your relationship is financially healthy

**Gail Vaz-Oxlade**  
gailvazoxlade.com



People have all kinds of misconceptions about the rules around money and relationships. So here's a quick test to see what you may or may not know about couple's money.

Don't peek at the answers until you've chosen True or False for the following statements:

- 1 It only takes one person good with money in a relationship to make money management work.
- 2 Married partners have the right to speak for their better halves when it comes to medical treatment if their mates can't speak for themselves. Getting a joint line of credit is a

- 3 good way for you both to build your credit histories.
- 4 Once you're living together, splitting everything 50/50 is the way to go when it comes to managing the bills.
- 5 Talking things over and creating a plan means you're more likely to save.

So, how on the money were you?

- 1 **False.** If only one person has high self-control, the couple is more likely to fail. According to researchers from Boston College and the University of Pittsburgh, couples of mixed self-control jointly tend toward the lower end of the self-control spectrum, not the higher. Why? It seems that high self-control partners tend to want to please low self-control partners and end up indulging their partner's wants and desires. So instead of pulling the financial idiot into the light, the high self-control person gives in and the money management suffers.

- 2 **False.** Not without a power of attorney they don't. Until

you've executed personal care powers of attorney, you don't have any right to say what can and can't be for your mate. While you're at it, make sure you also execute financial powers of attorney so you can take care of the money, too.

- 3 **False.** A little known fact is that the credit history for joint credit is only reported in the name of the first person who is listed on the documentation. And the risk you take by having joint credit — except where both signatures are required — is huge. Sure, you know he or she loves you now, but what if your pal goes nutsy-cuckoo and spends all that credit? You're firmly on the hook, baby.

- 4 **False.** Yes, 50/50 sounds fair, but that's only true if you're both making a similar income. If one makes more, that person should pay more of the joint expenses so the other person isn't left feeling like a poor mouse. So split your joint expenses proportionate to income.

- 5 **True.** A 2013 HSBC survey reports that people saved

49 per cent more if they had a financial plan to save money. The results were not simply a matter of having more resources to start with, but of using them wisely.

#### Here are some more questions to think about if you feel like it's time to take the next step:

**Why are we doing this?** People move in together for all kinds of reasons, some of which are really dumb, like, "This will be a good test of our relationship," or "I want to give him a break so he can pay off his bills." Or "We spend so much time together anyway, we might as well live together." This is a big deal so you should give the "why" some serious thought. If it seems like a lame reason, it probably is.

**How will this work for us both financially?** If one person keeps bringing home new furniture and the other ends up picking up the full rent tab, someone is going to be miserable, so have a plan for how you'll be co-existing financially when you cohabitate. Start with full disclosure: what do you each own, what do you each owe, how much do you make, and how will you use that money.

**How well do our lifestyles match?** One of you likes to pah-tay, while the other would rather stay home and read a good book. One of you loves eating out while the other thinks saving for that vacation

should be the priority. Have you talked about what you goals are? What's most important to you? If you don't naturally "match up" how will you bridge your differences?

**What are your expectations?** B Get on the same page in terms of what you expect from your 'buddy' before you turn them into a life partner.

**How will we fight?** How will you negotiate the things that may create conflict? Does one of you need cool-down time? What does that look like? While you're at it, make an agreement right from the start about what you'll do if the kaka hits the fan and you split. While you like each other is the perfect time to talk about how you'll treat each other when you aren't feeling quite so generous.

## True or False

- You only need one person to be good with money.
- Once you're living together, splitting everything 50/50 is the way to go.

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# Nursing Week

Monday, May 11, 2015

## Many options for nurses in Canada

### CAREER OPTIONS

### Roles available in various specialties

Jason Menard  
For Metro

People who are looking for a career in diverse workplace environments and schedules that fit their specific needs or desires may find nursing to be an ideal pathway to a long and rewarding career.

"With over 300,000 practitioners throughout Canada, we represent the largest group of health-care providers in the nation," said Anne Sutherland Boal, the chief executive officer of the Canadian Nurses Association (CNA).

"In nursing you have the privilege of working with people throughout all life experiences."

In many ways, only your interests and your desire limit you.

"You can work through a whole host of specialties — oncology, children's health, surgical nursing, amongst others," Sutherland Boal said, adding that nurses play key

roles in providing direct care, preventative care, and can also be found in research, teaching, and administrative fields.

Nurses also work in the private sector, but Sutherland Boal's organization is committed to the preservation and promotion of the public-care system.

In Canada, there are three main nursing professions: licensed practical nurses; registered nurses; and registered psychiatric nurses.

The CNA, formed in 1908, represents registered nurses, making it one of the oldest professional bodies in Canada. And, considering the importance and pervasiveness of nurses throughout the nation, it's easy to understand why.

"You can find nurses in every community and in every geography across Canada," Sutherland Boal said.

"You can find roles in hospitals, in communities, in long-term care centres, in First Nations, rural, and remote areas. And you can find full-time, part-time and casual work, evenings, nights, weekends.

"Essentially, you can choose a field that best suits your interests based on age, specialty, geography."



Long-term care centres are an alternative workplace for nurses. SHUTTERSTOCK

And as Canada's population ages, the need for home care is even more pronounced, with people expecting to obtain medical treatment closer to home.

Many nurses are coming into the profession as part of a transition to a second career, Sutherland Boal said. "We've had people who

have had BAs in business, but decide in their 40s that they want to become nurses," she said, adding there are accelerated transition programs available to help facilitate that change.

And for those who leave the nursing profession to enter other fields, the skills and traits that led them into nurs-

ing serve them well in many other professions.

"Someone with a nursing background obviously is able to understand the needs of people," she said. "Nurses know how to work with people."

For more information about nursing, visit [cna-aic.ca](http://cna-aic.ca).

### + HISTORY

#### Famous Canadian nurses

Canada's contributions to the medical world are long and illustrious. Beyond innovation and technology, Canada's people — including its nurses — have played key roles in advancing medicine on a global scale.

Here are just a few of Canada's notable nurses and key dates in Canadian nursing:

**Jeanne Mance:** The first lay nurse for New France, Mance founded the Hotel-Dieu Hospital in Montreal in 1645.

**Georgina Fane Pope and Margaret Clothilde MacDonald:** These nurses were the first women appointed as full-time military nurses in 1906.

However, the first nursing sisters to serve officially in the Canadian military were found in the Northwest Rebellion of 1885, as volunteers who helped the wounded. Canadian nurses were also sent to support the efforts in South Africa during the Boer War.

**Ishbel Maria Hamilton-Gordon, Marchioness of Aberdeen and Temair:** Lady Aberdeen was the president of the National Council of Women and wife of the then-Governor General of Canada. In 1897 she founded the Victorian Order of Nurses.

**Georgea Powell:** In 1898, she led a group of four nurses to Dawson in the Yukon, where she served as the Lady Superintendent of the VON and gained renown for her work during a severe outbreak of typhoid fever.

The first formal nurse training program was established in 1874 at the General and Marine Hospital in St. Catharines, Ont.

JASON MENARD/FOR METRO



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# Nurse Visibility a Priority for Nurse Unions Across the Country

It has been four years since the Nova Scotia Nurses' Union (NSNU) and acute care employers negotiated a policy on a distinctive uniform for nurses - something to identify nurses from other health care providers in a sea of scrubs. Since 2011, five other provinces have followed suit. Nurses' unions in Saskatchewan, Alberta, Prince Edward Island, New Brunswick and Newfoundland have all established a style policy similar to the white and black uniform first introduced by the NSNU. The policy has since garnered international attention from the nursing community.

The decision to adopt a standard white and black uniform lends to the professional image of nurses, who are highly trained individuals with a great depth of knowledge and experience. The NSNU felt strongly that they should be easily identified in their workplaces.

"It was an unpopular policy at first with tremendous pushback, but since 2011 both the public and nurses see the value in the white and black. We hear from



patients, physicians and nurses that there is acceptance and positive support for this initiative," says Janet Hazelton, President of the NSNU.

The uniforms are designed to make it easier for patients and families to access their care provider by improving visibility for nurses among other workers in health care facilities. This offers a

solution for a problem that has plagued nurses for years.

"Nurses became invisible in the very complex healthcare system, and that was not good for our patients, or for families, and it was not good for our profession," explains Debbie Forward, President of the Registered Nurses Union of Newfoundland and Labrador,

whose members are also wearing white and black for patient safety and clarity of staffing roles.

Beyond the visibility issue, patient safety also motivated the change in appearance. Canada is currently facing a nationwide nursing shortage. Chronic understaffing has made it extremely difficult for nurses to keep up with the demands on their units, and more importantly, the amount of time and care they are able to provide to their patients. By having nurses in standardized white and black uniforms it becomes apparent when there is a shortage of nurses on any given unit.

As we celebrate National Nursing Week, it is important to remember that the nurses are working hard for their patients, often under difficult conditions. Regardless, the NSNU and our sister unions across the country will continue to work towards improved health care for all Canadians.

Canada's Nurses: Standing up for healthcare.

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Nova Scotia Nurses' Union

**NURSING  
LED BY  
NURSES**



# Military nurse put her life on the line

ABROAD

**Working overseas is an eye-opener**

**Jennifer Taplin**  
For Metro

Nurses have a calling and sometimes it calls them around the world to help patients in need.

Trauma nurse Dawn Henneberry joined the military and was sent to Afghanistan twice — in 2008 and 2010.

“You’re working 24 hours a day, seven days a week. You don’t worry about breaks or vacation — there isn’t any. It’s a whole different perspective,” said Henneberry who left the military and now works at Dartmouth General Hospital in Nova Scotia.

There was also the constant anxiety over personal safety and wondering if she’d make it home.

“I had three days left and

**“You’re working 24 hours a day, seven days a week. You don’t worry about breaks or vacation — there isn’t any. It’s a whole different perspective.”**

Trauma nurse Dawn Henneberry

there was a rocket attack ... It was really close; it banged into a cement wall beside us and we’re on the ground and I’m saying ‘holy mackerel what am I doing here?’”

One massive trauma is stuck in Henneberry’s memory. A soldier was brought in who had stepped on an IED and lost three limbs. Medical teams were doing CPR on him in the parking lot.

“They put him on the stretcher and there was just sand, no blood or anything, just sand. I thought they were going to stop doing care, but they continued.”

The soldier died. Henneberry said it hit hard because they lost this young man but hours earlier they saved a

quadruple amputee that might have been a bad guy.

For Toronto nurse Tammy Calabrese it was always a career goal to travel overseas and help people. In 2007, she learned of a small volunteer organization called the Canada-Africa Community Health Alliance. In 2008, she travelled to the Kilema region of Tanzania to volunteer for two weeks.

“Each day we travelled to a different village and people would have lined up for hours to see someone,” she said. “We’d assess their concerns, consult certain specialists there with us and treat what we could with the medical supplies and medications we brought with us.”



Paul Bell and Dawn Henneberry with a service dog in Afghanistan. CONTRIBUTED

She quickly realized she was seeing many of the same complaints she saw back home: high blood pressure and acid reflux are very common. But she noted people lived with goiters and poorly healed fractures, instead of

getting it taken care of right away like they would here. They were also very appreciative of the health care.

Most of the work was health maintenance but there were some urgent cases, Calabrese said.

“One particular case I recall was when a pediatrician and a nurse saved the life of a newborn baby who was severely dehydrated. If we hadn’t shown up on that day, in that village, he likely wouldn’t have survived.”

## Birth nurse has a deep appreciation

Nurse Jennifer Jollymore sees patients at their worst and best — all in one shift.

For six years, Jollymore has cared for countless women as they battle the pain of childbirth and discover their inner strength. She works in the birth unit at the IWK Health Centre.

“They never stop amazing me, really. I have a deep appreciation of what they go through and what they have to endure because a lot of what we do is very happy work, but not always and some people have very difficult experiences,” she said.

“I don’t even think most of our patients realize what they’re capable of so it’s always wonderful to help support someone.”

She loves helping patients and the close work family at the IWK. She doesn’t get to snuggle newborns much in her day, but that’s a good thing.

About three years ago, Jollymore helped introduce a new procedure at the IWK called the Golden Hour.

The idea is really simple: Medical teams encourage moms to cradle their babies as soon as they are delivered for at least an hour of skin-to-skin time.

“When I started there, we asked moms, ‘do you want the baby to come right up on your



Nurse Jennifer Jollymore CONTRIBUTED

chest after delivery or do you want baby to go to the warmer and we’ll dry baby off and bring baby back over when they’re cleaned up?”

Some moms would think the baby was dirty, when that’s just not true, Jollymore said. And even when the babies were brought to their mothers, the infants were wrapped in blankets and were not put skin-to-skin.

“We really worked on promoting that initial skin-to-skin and not taking babies to do things that aren’t medically necessary right away,” she said.

Research shows the first contact needs to be uninterrupted, especially to support the first breast feed, Jollymore added.

“I see a difference. I see babies initiating feeding so much easier, I see them having less respiratory distress because they’re settling out their breathing easier, and their blood sugar is more stable.”

It is still dependent on the situation, she said.

If babies are having any kind of trouble they are whisked away by doctors and nurses first before the first contact with the mother.

## NATIONAL NURSING WEEK 2015

### We salute Nova Scotia’s caregivers

With significantly expanded training and skills, Licensed Practical Nurses (LPNs) and Continuing Care Assistants (CCAs) bring professionalism and compassion to their vital roles in patient and resident care.

LPNs and CCAs and CUPE work collaboratively to protect our Medicare system and to advocate for everyone’s ability to access health services of the highest quality in acute care, long term and community care and home support when they need them.

As we mark **National Nursing Week 2015, May 10 – 16**, we acknowledge the hard work and dedication of the thousands of women and men who do this important work here in Nova Scotia.



A message from  
CUPE Nova Scotia





# Nurses' role has evolved

HEALTH-CARE SHIFT

## Focus looks at prevention, education, chronic illness

**Jason Menard**  
For Metro

So what's a typical day for a nurse? A few decades ago you may have been able to answer that question. Today, with a variety of health-care options available both in hospitals and within the greater community, nurses play a variety of roles on any given day.

"Forty years ago, when I started in the industry, (a significant) majority of health care was done in the hospital environment," said Anne Sutherland Boal, the chief executive officer of the Canadian Nurses Association. "It was easy to say what a typical day would be: start at 7 a.m., do this, then do that."

"Now, with more health care taking place outside of the hospital environment, a nurse's role is hard to generalize."

Part of that change is a shift in how we approach health

care — and the key role that nurses play in delivering this new model of health care.

"It's a transition based on the needs of the health care field — we're transitioning from a sickness model to a wellness model," Sutherland Boal explained. "The focus is on greater preventative health measures, education, and management of chronic diseases, and much of that is being done in the greater community."

Community-focused care is also a more effective way of meeting the needs of our aging population. "We know that 17 per cent of the population is over 65 and in 10 years that will double," she said. "That aging population is going to have high expectations for finding health care closer to home."

Events like Canadian Nursing Week help shine the spotlight on the value of nursing, but understanding the depth and breadth of nursing



The aging population has high expectations for nurses.

SHUTTERSTOCK

responsibilities still has not penetrated the general consciousness.

"I think the public has a good understanding of the value in a general concept," Sutherland Boal added. "But many people don't understand the full range of roles nurses play and how complex the role has become."

"I think it's, in large part, technology changes and the fact that there are now a much wider range of conditions that can be treated in

different types of settings."

The nurse practitioner, a nursing role with additional formal training that allows for a broader spectrum of responsibilities, is also helping transition the health care model. Though every province and territory has nurse practitioner legislation, Ontario has been the lead in adoption, but it's a role that Sutherland Boal feels has tremendous value.

"It helps support communities and improve continuing access to health care."

## + MEETING DEMANDS, IN THE AIR

### Flight nursing is challenging

There's no doubt the demands of the job for nurses are intense — but imagine doing it all thousands of feet in the air with minimal equipment and absolutely no way to control the weather.

For hundreds of flight nurses in Canada, that's their reality. Flight nurses are a specialized group whose priority is to ensure the best possible safe care for critically injured or ill patients aboard a helicopter or an airplane.

"Our role is to transport patients safely, in-flight, taking into regard the many obstacles that can happen with both the patient themselves and the logistics of the flight — whether it's the pilots,

weather or turbulence," said Irene Pare, flight nurse and aeromedical educator for Winnipeg-based Keewatin Air, which handles the majority of medical evacuations in remote, northern communities in Nunavut.

"There are a lot of circumstances you need to take into account that don't happen in the larger facilities where they are just a phone call away from the CT scanner or you walk down the hall and

there's every facility or diagnostic tool available for you." Flight nurses require a specialty degree in either critical care or emergency with additional training in a variety of areas, like trauma, advanced cardiac life support, pediatric life support, and neonatal care.

Of course, they also have to familiarize themselves with the environment in which they'll be working — learning about pressurization in an aircraft as well as acceleration and deceleration forces, among other things.

"As flight nurses, we have to be very solid in our knowledge," said Pare's colleague, Janet Busse, fellow flight nurse and Keewatin Air's acting VP of medical operations. It's a career choice, Busse said, that isn't for the faint of heart.

"You work in a different environment; outside, day and night. You are sleep deprived, you work very long hours, you are alone," she said. "You have to manage a huge responsibility toward the patient and your flight crew and you have to make very fast decisions."

JEN TRAPLIN/FOR METRO



## National Nursing Week

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# Rangers thrive on danger

**NHL PLAYOFFS**  
**Nail-biters nothing new for New Yorkers**

Once merely 101 seconds from having their season end, then forced to hold off a furious Game 6 rally, Chris Kreider and the New York Rangers are now one victory away from returning to the Eastern Conference finals.

Kreider scored 40 seconds after the opening faceoff and with 0.3 seconds left in the first period Sunday night, Rick Nash and Dan Boyle added goals in the third, and the Rangers barely held on to beat the Washington Capitals 4-3 and force a Game 7 in the second round.

New York led 2-0, then 4-1 with less than 12-1/2 minutes left in regulation. But Washington's Evgeny Kuznetsov and Joel Ward put the puck past Henrik Lundqvist less than three minutes apart to make it a one-goal game with

**GAME 6** In Washington

4

3

nearly half a period to go.

That prompted the Rangers to call timeout and brought much of the red-clad fans to their feet, screaming "Let's go, Caps!" and then mockingly singing Lundqvist's last name.

But the Swedish goalie was solid the rest of the way, stopping Washington's last four shots — including Alex Ovechkin on a 1-on-1 — and surviving a late Capitals power play to finish with 42 saves. That's a career high for Lundqvist in a playoff game that didn't go to overtime.

The teams will wrap things



**New York Rangers goalie Henrik Lundqvist blocks a shot by the Capitals' Troy Brouwer during Game 6 of their second-round series on Sunday night in Washington.** ROB CARR/GETTY IMAGES

up Wednesday night at Madison Square Garden.

The winner of Game 7 will face the Tampa Bay Lightning or the Montreal Canadiens next.

Tampa Bay leads that conference semifinal series 3-2.

This was the 13th consecutive playoff game involving the Rangers decided by one goal —

all 11 this post-season, and two last year — the longest streak in the history of the Stanley Cup playoffs.

THE ASSOCIATED PRESS



**The Cavs mob LeBron James after No. 23's buzzer-beating shot on Sunday in Chicago.** NAM Y. HUH/THE ASSOCIATED PRESS

**NBA PLAYOFFS**  
**Buzz kill: LeBron sinks Bulls**

LeBron James watched his coach draw up the final play — and then drew one up of his own.

"Give me the ball and get out of the way," he said.

James overruled Cleveland coach David Blatt's idea for a last-second inbound play and drained a jumper from the corner at the buzzer to give the

Cavaliers an 86-84 win over the Chicago Bulls on Sunday, evening the second round series at 2-2.

During a stoppage the Cavs only got because the officials were reviewing a play, Blatt designed a play that had James taking the ball out. The four-time MVP vetoed his coach.

"The play that was drawn up, I scratched it. I just told Coach, 'Just give me the ball. We're either going to go into overtime or I'm going to win it for us,'" James said.

Playing the final quarter on a sprained left ankle, James finished with 25 points.

THE ASSOCIATED PRESS

**IN BRIEF**

**Jays slip up against Boston**  
 Mike Napoli and Pablo Sandoval homered as the Boston Red Sox defeated Toronto 6-3 on Sunday afternoon at Rogers Centre to end the Blue Jays' three-game winning streak.

Chris Colabello had three hits for Toronto, which fell back to the .500 mark (16-16) with the loss.

THE CANADIAN PRESS

**Fowler wins Players**  
 There was nothing over-rated about Rickie Fowler at The Players Championship.

Criticized this week by his peers as an under-achiever, Fowler answered with the greatest finish in the 34-year history of TPC Sawgrass. He rallied from a five-shot deficit on the back nine by playing the final six holes at 6-under par. In a three-hole playoff, he took on every shot. And he made birdie from inside six feet three times Sunday on the island-green 17th. The last one made him a sudden-death playoff winner over Kevin Kisner.

THE ASSOCIATED PRESS

**Oceanic climb back into championship series**  
 Samuel Laberge scored twice — including once on the power play — as the Rimouski Oceanic downed the Quebec Remparts 4-2 on Sunday in Game 3 of the Quebec Major Junior Hockey League championship.

Quebec leads the best-of-seven for the President Cup 2-1. THE CANADIAN PRESS

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# Unbeaten Canada continues to cruise



Forward Nathan Mackinnon, left, of Canada shoots to score past goalkeeper Reto Berra of Switzerland. JONATHAN NACKSTRAND/AFP/GETTY IMAGES

## HOCKEY WORLDS

### Canucks put seven past Switzerland to top Group A

Sean Couturier had a goal and two assists as Canada remained undefeated at the world hockey championship with a 7-2 rout of Switzerland on Sunday.

Canada (6-0-0) clinched first place in Group A with the win. Tyler Seguin, Nathan McKinnon, Aaron Ekblad, Jordan Eberle, Cody Eakin and Claude Giroux also scored as Canada used a balanced attack to beat the Swiss. Morris Trachler and Damien Brunner scored Switzerland's goals.

Canada finishes round-robin play Tuesday against Austria. Seguin opened the scoring just 50 seconds into the game with his fifth goal of the season. Reto Berra failed to handle a Jake Muzzin shot cleanly and Seguin shovelled the puck home.

Switzerland drew level on a soft goal at the 6:21 mark. Trachler put the puck on net from the boards at the goal-line, the puck went into the pack before fooling Canada goaltender Mike Smith and ending up in the net.

McKinnon put Canada up 2-1 with 17 seconds left in the second period. McKinnon charged in on the left wing and fired past his Colorado Avalanche teammate.

Ekblad extended Canada's lead to 3-1 when Couturier forced a deep turnover in the Swiss zone

and found the young Florida Panthers defenceman in front of the Swiss goal.

Canada put the game away with two goals in the final minute of the second. Eberle made it 4-1 with a power-play goal, putting in the rebound of a Sidney Crosby shot. Eakin extended Canada's lead to four when he dispatched a rebound past Berra right before the second intermission. Brunner gave Switzerland life when he took control of a turnover caused by a Canadian defensive breakdown and poked the puck under Smith.

But that was as close as the Swiss would come as Couturier tapped in the rebound of a Tyler Toffoli shot to make it 6-2, before Giroux netted a powerplay seventh. THE CANADIAN PRESS

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## RECIPE Roasted Brussel Sprout Salad with Apricots and Toasted Almonds



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Great summer salad. Feel free to add grilled chicken, steak or fish to make a complete meal.

#### Ready in

Prep time: 10 minutes  
Cook time: 15 minutes  
Serving size: 6

#### Ingredients

- 1½ lb trimmed Brussel sprouts, cut into quarters
- Dressing
- 2 Tbsp olive oil
- 3 Tbsp orange juice
- 2 tsp Dijon mustard
- 1 tsp grated orange rind
- ½ tsp minced garlic
- Salt and pepper
- 10 dried apricots sliced thinly
- 1/3 cup toasted sliced almonds

#### Directions

**1.** Preheat oven to 425 F. Place quartered sprouts on baking sheet sprayed with vegetable oil. Roast for 15 minutes or just until tender and browned.

**2.** To make the dressing: combine oil, juice, mustard, rind, garlic, salt and pepper.

**3.** Place Brussel sprouts in serving dish, add sauce and apricots and garnish with toasted almonds.

#### Nutrition per serving

- Calories 169
- Protein 5.8g
- Carbohydrates 20.8g
- Fibre 6.6g
- Total fat 8.2g

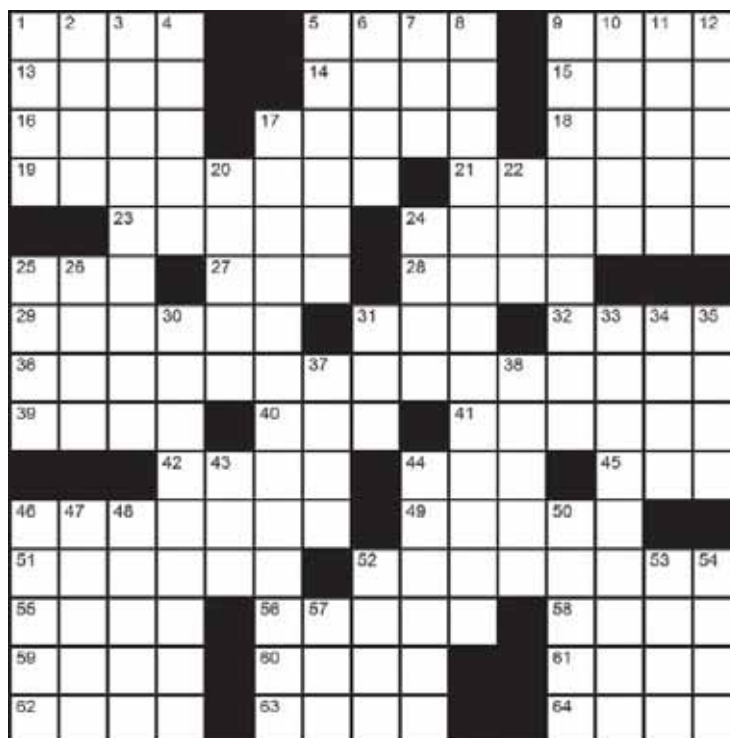
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## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

### ACROSS

- Fido-created effects
- "Begone, bug!"
- Music key: letter + abbr.
- Telegram
- Pope name
- Costa \_\_
- International oil gr.
- \_\_ acid
- \_\_ medio (Year and a half, in Spanish)
- Round Table member
- Bluegrass performer Ms. Krauss
- \_\_
- \_\_ Cut (Style of #3-Down by McCain)
- "Yuck."
- Hosp. areas
- Give \_\_ (Display friendly doggie behaviour)
- Fine-tune
- Before
- Morns followers
- Like a whale coming into the world via a pool rather than an ocean: 3 wds.
- Singer Mr. Stone's
- Former kitten
- Ireland-set 2002 Pierce Brosnan movie
- Particular
- Mr. Levin
- Real estate database, commonly
- Saskatchewan village; or, Grant of "Eight Is Enough"
- Cable news channel
- Q. "What Sarah



McLachlan song starts 'Spend all your time waiting...?' A. "\_\_\_", \_ believe."

52. Navy ships formation

55. Prefix to 'metric' (Type of pressure)

56. WWII-era positioning system,

commonly

58. Actress Jessica

59. Stead

60. Plunder

61. Sports org.

62. Once, poetically

63. Carlisle Cul- len's wife in 'Twilight' movies

64. Those, in Spanish

### DOWN

- No-show stat.
- Actress/host Kelly
- New Brunswick town at #17-Down = '\_\_\_ Capital of

the World'

4. Fresco-\_\_ (Painting technique)

5. Cereal utensils

6. To the \_\_ (Fully)

7. Yes: French

8. Legendary Montreal-born jazz pianist/composer: 2 wds.

9. Instant insight/

inspiration

10. Belarus' capital

11. Keep \_\_ head (Remain calm)

12. Toronto-born actress Ms. Eastwood

17. \_\_ Bristol (Global headquarters of McCain Foods Canada)

20. 1985 movie (co-starring John Malkovich) for Canadian actress Kate Nelligan

22. \_\_ Fail (Irish coronation stone)

24. Fish type

25. City: Latin

26. Earth sci.

30. Bryan Adams song: 2 wds.

31. Butter portion

33. Silver screen scenes snip-pets: 2 wds.

34. Texter's sign-off, e.g.

35. Equivalent words [abbr.]

37. Arrived

38. "\_\_\_ to suck your blood!" ...exclaimed the vampire

43. \_\_ Aviv, Israel

44. Tardy one's self-observation: 2 wds.

46. Movie star Clark

47. Where an elated person dances: 2 wds.

48. Monsters

50. Church book

52. Gift tag word

53. Toy building block

54. Unfortunately

57. Sharon's hubby/Jack's dad ...his initials-sharers

## ★ IT'S ALL IN THE STARS by Sally Brompton

**♈ Aries** March 21 - April 20  
Do something today that takes the object of your affection by surprise. Think of the most romantic thing you could do, then do it and watch their passion ignite. And plan a trip away together for later in the week or next weekend.

**♉ Taurus** April 21 - May 21  
Mars leaves your birth sign tomorrow, so if there is anything that needs finishing you should knuckle down and get on with it now. Your efforts will not go unrecognized or unrewarded — the powers that be have been watching.

**♊ Gemini** May 22 - June 21  
You don't like to be suspicious but if someone offers you something for nothing today it will pay you to find out if they are up to something.

**♋ Cancer** June 22 - July 23  
If you do a good deed or make some kind of sacrifice for a friend or relative over the next 24 hours you are sure to receive a reward or compensation.

**♌ Leo** July 24 - Aug. 23  
You have been trying too hard to win friends and influence people and when you try too hard at anything it tends to have the opposite effect to what you desire. However, don't take that to mean you should not try at all.

**♍ Virgo** Aug. 24 - Sept. 23  
There is something you want to do but your instincts tell you it won't go down well with certain people. That's settled then: You are going to do it! You are in one of those moods when you enjoy causing a bit of chaos.

**♎ Libra** Sept. 24 - Oct. 23  
You may be tempted to own up to some kind of indiscretion, simply to get rid of the guilt feelings you have been carrying round, but is that such a good idea?

**♏ Scorpio** Oct. 24 - Nov. 22  
It's unlikely that you will be in a sociable mood today but that's okay because you have important things to think about and you will only do them justice if you cut yourself off from the world.

**♐ Sagittarius** Nov. 23 - Dec. 21  
You may not be your usual extrovert self today but even a Sagittarius needs to take things easy once in a while and according to the planets this is a great time to switch off and not worry too much about the world around you.

**♑ Capricorn** Dec. 22 - Jan. 20  
Something you do – or don't do – will shock those who see you as the one person who can always be depended on, but maybe that's the idea.

**♒ Aquarius** Jan. 21 - Feb. 19  
This is an excellent time for partnerships and affairs of the heart. Let those who mean something to you know how much you respect and care for them.

**♓ Pisces** Feb. 20 - March 20  
Others may not agree with what you intend to do today but that won't worry you in the slightest. Too often lately you have allowed others to control your behavior because you did not want to rock the boat. Now give it a really good shake!

### CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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